



THE FOURTH DAY NEWSLETTER

LAY DIRECTORS REPORT

The 144th women’s and the 140th mens weekends have come and gone! I am reminded, once again, the Ottawa Cursillo Movement leads great weekends! Welcome to the 41 new Cursillistas in our community. Listening to their impressions of their weekends, I couldn’t help but feel their passion and enthusiasm for their renewed friendship with Christ.

Serving on Secretariat has given me a new perspective I am very grateful. So many wonderful people help ensure that our Movement is on track. I would encourage all Cursillistas to consider helping out in whatever way is feasible for each of you. There are many opportunities for both short term and longer term commitments.

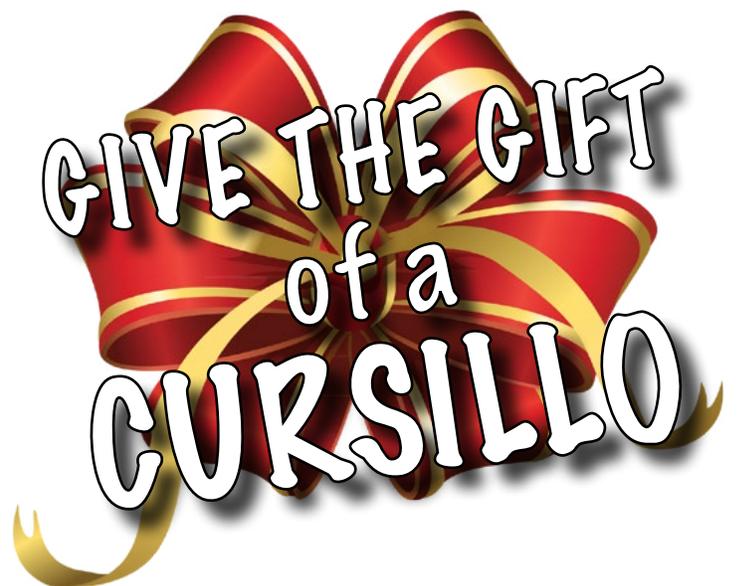
The dates for the Spring Weekends are now established. The Rectors for these weekends will be announced at the upcoming **Grand Ultreya, December 5th**. Now is the time to start sowing the seeds to potential candidates that are in your environment. You are our best Ambassador to this Movement. Consider sponsorship as your gift to a friend!

Ultreyas are a wonderful way to reconnect in so many ways. No one is expected to attend all of them – but please try to stay connected by coming out regularly – whether that’s once a month, once every few months or once in a while! We will be happy to see you every time!!

Susan Lamarre
Lay Director
slamarre@gmail.com



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Our next Grand Ultreya is fast approaching! Mark your calendars – December 5th, The Good Shepherd Parish in Blackburn Hamlet. This is an opportunity for the Cursillo Community to come together to celebrate our Movement, reconnect with friends and share our faith journeys. One of the highlights of the evening will be the announcement of who the next Rector and Rectora will be for the upcoming Spring Weekends.

ALL ARE WELCOME AT THE CURSILLO GRAND ULTREYA

Ever wonder what's so special about Cursillo?
Well, come find out!
The Ottawa Cursillo Movement is holding its
Winter Grand Ultreya celebration on:

**Wednesday, December 5th, 2018
at 7:00 pm**

The Good Shepherd Parish
3092 Innes Road, Orleans
(entrance to Blackburn Hamlet)

*Uplifting song accompanies Mass at 7:00 pm,
followed by inspiring witness talks and
announcements.*

FOURTH DAY SPEAKER: Tim Langlois

THIRD DAY SPEAKER: Jeremy Hart

Afterwards, all are invited to the church hall for
refreshments and fellowship.

***Those who have made a Cursillo Weekend
are invited to bring along friends or
relatives for this special experience and
feel the enthusiasm! Finger food
donations are always appreciated.***

Everyone is welcome!

PALANCA IN KIND

This program was launched during our 50th Anniversary Celebration of the Ottawa Cursillo Movement. At that time, it was called the Ambassador Program. Recently we have renamed this program Palanca in Kind. The purpose of the program is to allow Cursillistas to pay it forward and help keep the cost of the weekend to candidates and team to a reasonable amount.

Our suggestion is a minimum contribution of \$10 per month which can be easily arranged by going to the opening page of our website www.ottawacursillo.ca.

You'll see a 'Donate' button – click on that and it will take you to Canada Helps.org where you just need to follow the easy instructions. *Canada Helps* takes care of transferring the funds to our account as well as generating automatic tax receipts in February for your generous donation. Of course, you can make a one time donation if that better fits your budget.

We have yet to reach our goal of having enough participation in this program to sustain the subsidies for candidates and team. A recent review of our financials has indicated that we needed to review the rates for weekend participation. It has been decided that starting with the spring weekends, all participants, candidates; team; kitchen team will all pay the same low price of \$280.00 We are happy to let you know that this amount is still well below the actual cost of the weekend and definitely below the average in other Cursillo Movements across Canada.

Also, we are looking for a dynamic person or persons who will oversee this program. The time requirements for this position are not overly burdensome as all of the infrastructure is currently in place. The main responsibility is monitoring the participation and preparing a quick report to the Treasurer. Contact Marc Lamarre (marclamarre@gmail.com) if you would like more information on this.

***By your participation in this
program, you are in effect,
subsidizing one candidate or
team member per year –
and it costs you less than a
Starbucks coffee per month!!***



CENTRAL ULTREYA

The Post-Cursillo Director position is still vacant on our Secretariat.

While we run awesome weekends, our Movement seems to lose steam with both the Pre-Cursillo and Post-Cursillo portions.

The Cursillo Method involves:

Pre-Cursillo – Weekend (course) Instruction – Post-Cursillo as a continuous circle, constantly feeding each segment. When you think about it, your Post-Cursillo becomes someone else's Pre-Cursillo.

Our Central Ultreya at Our Lady of Fatima is our anchor to the Cursillo community. Many of the Central Ultreya evenings are already committed to send offs, welcome backs, Challenge and other special events. This leaves only a handful of Wednesdays that require community participation.

We have suggested that it would be a great way to introduce and share our group reunions during these weeks. So, if your group reunion would like to host one evening at our Central Ultreya – these are the dates that are available from now until June 2019.

January 23	April 10
February 13	May 15
February 20	May 22
March 13	June 12

Your group would be responsible for providing an MC for the evening. Also, one of your group members will share their fourth day talk (less than 10 minutes). When you volunteer, you will be sent a script which will easily lead you through the timings of the evening.

All arrangements for the Mass are taken care of by our trusty Sacristan for the Central Ultreya!

Please consider volunteering for one of these evenings and help promote Group Reunion! Contact Susan Lamarre for more information (slamarre@gmail.com)

CO-LAY DIRECTOR'S REPORT

Having joined Secretariat this past July as Co-Lay Director, it has been an eye opener for me as to the inner workings of this organization. So many dedicated people, willing to give of their time and talents to ensure the continuity and sustainability of this great Movement.

In order for Secretariat to remain fresh and dynamic, we are constantly looking for people with new and fresh ideas. Consider becoming involved. There are so many ways to participate. If you believe that we have a strong message to share with those in our environments, please contact me. I would be happy to talk with you about how you can share your time and talents!

Marc Lamarre
Co-Lay Director
marclamarre@gmail.com



Various Cursillo-type Weekends and Movements

“Our Father, Who art in heaven” begins the Lord prayer. Let us take a moment to dwell on and contemplate on the depth and meaning of these words that are so often mentioned as this beautiful prayer is recited. Notice that Jesus did not teach us to begin “My Father” but “Our Father.” Scripture scholar John Meier explains that in God’s kingdom, we don’t live as isolated individuals but “we experience God’s fatherhood as members of the church, the family of Jesus the Son.” Since God is acknowledged as Abba, translated, meaning an intimate being who emanates warmth or filial confidence, His children, all of humanity, are created to be in a relationship with Him and with each other. Therefore, we are in relationship with Him, Our God, as well as with others as brothers and sisters in Christ.

In MT 12:47-50, Jesus clearly specifies that whoever does the will of His Father is His brother, His sister and His mother.

Further, in LK 8:21 Jesus again reinforces this concept by indicating that His mother and His brothers are those who hear the word of God and do it.

A sense of peace and well-being will be experienced when one’s priorities are centered around Jesus. Placing others before yourself is considered thoughtful. When one’s priorities become Jesus, others and yourself in this sequence something magical happens.

J - Jesus; O - Others; Y- Yourself = JOY

This wonderful sense of JOY is elevated to a new level when practised in prayer. “For where two or three are gathered in my name, I am there among them.” LK 10:20

Wow, the power of prayer is revealed when one slowly dwells on and contemplates these life-giving words of our Blessed Lord. Such a mindset enables one to sense the presence of our Lord when palanca/agape is offered, either on our behalf from other movements, or from us for other movements.

By examining the various Cursillo-like movements that exist within the Christian Faith, one can understand the depth and breadth of one aspect of the Great Commission, MT28:16-20, which Christ gave His Apostles prior to His ascension. This is “make disciples of all nations.”

In making disciples of all nations, one truly appreciates how the message and charism of the original Cursillo held on the island of Mallorca in Spain during the 1940s has spread to Europe, North and South America, parts of Africa and Asia and the South Pacific. The website www.3dayol.org is testimony to this fact. Follow <http://www.3dayol.org/Movement.phtml> to learn of the various cursillo-type movement retreats. These are religion specific movements such as Roman Catholic Cursillo Movements in the US and Canada;

Episcopal/Anglican; and Presbyterian. Non-denominational movements include Cum Cristo, Great Banquet, Journey to Damascus, Tres Dias and others. There are Adult and Youth prison movements such as Keryx, Kairos and Charis. Kairos is a two-fold ministry: Kairos Prison Ministry is for incarcerated men and women and Kairos Outside for the wives, mothers,

and daughters whose loved ones are incarcerated. Other youth movements include Challenge, Awakening, Chrysalis, Vida Nueva, and Vocare.

The link <http://www.3dayol.org/Communities/Communities.html> will help one to appreciate in detail how “make disciples of all nations” is being fulfilled to this day. Specific 3-day movements are lists for numerous countries, provinces and states throughout the world.

Weekly, when we receive the “Weekends to Pray for List,” let us remember that where two are three are gather in His name, as brothers and sisters in Christ, Jesus Our Lord, is present with us in Spirit. Let us experience that JOY as we lift others up in prayer to Jesus!

De Colores

Brian Sarsfield

Associate Spiritual Director

PS: While James Maxwell is recuperating from his illness, Brian following a prayerful discernment and with the blessings of our Lay Leader, Susan Lamare, is fulfilling this role out Outside Palanca Manager on a temporary basis. Brian and Rose Mary were active in the ministry between 2001 and 2012.



Our Father

*Our Father,
Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it
is in heaven.
Give us this day our daily
bread;
and forgive us our trespasses
as we forgive those who
trespass against us;
and lead us not into
temptation,
but deliver us from evil.
Amen.*

Advent Letter

In response to the ongoing clerical abuse of minors scandal that has been shaking the Church and causing great harm to faithful, the Archdiocese of Ottawa continues to implement practices to ensure the protection of minors and all the faithful in the Church. I would draw your attention to the Archbishop's articles in the Ottawa Sun that address these practices.

In addition to these administrative and procedural practices, Pope Francis, Archbishop Prendergast and many other bishops have emphasized the spiritual nature of these difficult times. The enemy seeks the destruction of our souls. Attacking and defacing the Holy Catholic Church, founded on the rock of St. Peter, is certainly a primary means to that end. Pope Francis has encouraged us to use all the spiritual armour and weapons at our disposal to protect ourselves and Holy Mother Church from such attacks and to purify the Church.

Following the example of many diocese in United States and in communion with other diocese in Ontario, the Archbishop has encouraged pastors to reintroduce the practice of reciting the St. Michael the Archangel prayer after all masses, starting the first Sunday of Advent.

This beautiful prayer is well known as it is a common custom to include this prayer at the conclusion of the rosary.



Written by Pope Leo XIII, this prayer was recited at the conclusion of Mass from 1884 to 1965.

At the beginning of Advent, as we await the glorious announcement of the Angels to the shepherds that a Savior has been born, it is a good opportunity to reflect upon the constant presence of the Holy Angels every time we attend the Holy Sacrifice of the Mass. We have much to learn from them. Many mystics, including St. Catherine of Sienna, have been granted visions of the angels while at Mass. The angels fill the sanctuary, prostrating themselves before Jesus present in the tabernacle; they minister to our Blessed Mother who stands at the foot of the altar as she stood at the foot of the cross; and they protect us from distraction so that we can encounter the Divine Mysteries more deeply. Inspired by Sacred Scripture, we join the angelic choirs each time we chant "Glory to God in the Highest..." or "Holy, Holy, Holy, Lord God of Hosts...."

Scripture encourages us to always offer praise as a response to the great majesty of God. When the Archangel St. Raphael reveals his identity to Tobit and his son Tobias, he begins by exhorting them to divine worship, telling them, "Praise God and give thanks to him; exalt him and give thanks to him in the presence of all the living for what he has done for you. It is good to praise God and to exalt his name, worthily declaring the works of God. Do not be slow to give him thanks" (Tobit 12:6). Immediately, Raphael turns their attention to offering praise to God and to do so in a worthy manner, a manner that is fitting to the beauty of God.

This Advent, as we invoke the intercession, protection and guidance of St. Michael the Archangel, let us ask to be granted a deeper awareness of the presence of the angels when we attend Mass and continue to follow their example of reverence, thanksgiving and adoration.

St. Michael the Archangel,

defend us in this day of battle.

Be our defense against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray,
and do thou,

O Prince of the heavenly hosts, by the power of God,
thrust into hell Satan, and all the evil spirits,
who prowl about the world
seeking the ruin of souls.

Amen.

INVITATION TO CURSILLO OF CURSILLOS

The Cursillo of Cursillos happens every four years. The last one took place in Ottawa. It was very well attended by Cursillistas from across Canada and some from the United States. It was a very informative three days which provided much insight into the Cursillo Method and was actually a renewal of our original weekends!

Once again, at this event, the “Three Amigos” from Mallorca will be attending and sharing their experiences. Additionally, it will be held in concert with the CCCC (Canadian Catholic Conference of Cursillos) which will provide even more insight into Cursillo in Canada.

This invitation is open to all Cursillistas across the country and we would encourage anyone to consider attending. What a great opportunity to visit Halifax and share our faith journeys with a wider Cursillo community.

CURSILLO OF CURSILLOS IS COMING TO THE ATLANTIC!

On behalf of CCCC

The Cursillistas of the Atlantic will be hosting a

**Cursillo of Cursillos
at Mount St. Vincent University,
HALIFAX, NS
JUNE 27TH - 30TH, 2019**

The three Amigos from Mallorca; Miguel Sureda, Juan Aumatell and Manuel Fernandez will once again facilitate the event. They will share their love and knowledge of Cursillo, learned through their relationship with Eduardo and living the Cursillo with him.

The Cursillo of Cursillos was created by Eduardo Bonnin and he recommended that a diocese hold one every four years.

The C of C looks deeply at the Charism of Cursillo and the mentality and method which that charism engendered. The format is the same as a Cursillo weekend comprising rollos, sharing in the table groups and much fun and laughter.

More information and registration will be made available in the coming months. Please mark your calendars and plan to attend this event which we are blessed to be able to provide.

You may not have noticed....

Unless you were a member or candidate on one of this Fall's Cursillo weekends, you probably didn't notice that the Ottawa Cursillo Movement now has two new collapsible podiums that teams can utilize during their preparation meetings and on the weekend itself.

These new podiums replace three big, old, heavy and battle-scarred podiums that were used in the decades previous. The new podiums fold flat, have a carrying handle and fit in handy canvas cases that help protect them. They are easier to store off season and handier for teams to transport to and from meetings.

Our thanks go out to Cursillista Al Lanctot, who generously donated his time and material to craft these beautiful and sturdy podiums. Additional thanks to Marg Therrien for sewing the carrying cases and to

Ken and Jackie Sanford for their generous cash gift to cover the cost of materials.

However, since all the materials, labour and craftsmanship were donated we are pleased to inform the Cursillistas that the cash donation will be redirected to purchase a much-needed new PC viewer/projector for teams to utilize during their weeks of preparation. Since team preparations tend to overlap, this purchase will permit us to provide each team with a projector. We currently only have one in inventory.

Once again thank you all, for the generous contributions of your gifts and talents.

De Colores
Dan Therrien
Supply Manager

Fall 2018 Cursillo Weekends

WOMEN'S 144TH CURSILLO WEEKEND October 18-21, 2018

My grace is sufficient for you (2 Cor. 12:9)

CANDIDATES

Name	Parish
Dede Ayotte	St. Maurice
Carol Chamberlain	St. Maurice
Jennifer Couwenbergh	St. Leonard - Manotick
Stephanie Gauthier	Annunciation Of The Lord
Esa George	St. Maurice
Angelina Girard	Blessed Sacrament
Sylvia Grandmaison	Holy Redeemer
Sarah Hamilton	St. Isidore
Mary Ellen Henniger	St. John The Apostle
Lisa Hozjan	Holy Redeemer
Jacqueline Jenkins	St. Maurice
Tanya Johnson	Holy Redeemer
Caroline Lobo	St. Mary's
Maureen McNamara	St. Joseph - Belleville
Janice O'Dacre	St. Isidore
Elizabeth Phelan	St. Patrick's - Fallowfield
Marilyn Powell	St. Peter
Lucy Ramstead	St. Patrick's Basilica
Rexana Stickwood	St. Phillip's - Richmond
Helen Toczek	St. Isidore
Katherine Wilson	Holy Spirit - Stittsville
Regina Yeboah	St. Maurice
Sonia Yumiceba	St. John The Apostle

TEAM

Name	Role
Ann McDougall	Rector
Fr. Tavis Goski	Spiritual Advisor
Janet Nelson	Associate Spiritual
Peggy Gallivan	Professor
Jo-Anne Conroy	1st Detail
Shannon McGruer	2nd Detail
Irene Laskowski	Ideal
Heather Harper-McLaurin	Layperson: A Christian in the World
Peggy Doucette	Piety
Wendy Crepeault	Study
Peggy Gallivan	Action
Sue Atkinson	Leaders
Linda O'Hare	Study of Environment
Linda Dalrymple	Christianity in Action
Sarah Pion	Music
Bonnie Reid	Palanca

KITCHEN DETAIL

Lorie O'Reilly Lorraine McLinton Cindy Noah

MEN'S 140TH CURSILLO WEEKEND November 15-18, 2018

"LOVE"

CANDIDATES

Name	Parish
James Bootsma	St. John The Apostle
Declan Conroy	Holy Redeemer
Paul Cormier	St. Mary's
John Desson	Resurrection Of Our Lord
Francis Evangelista	Divine Infant
Kevin Gibbs	St. Maurice
James Hatchette	St. Mary's
Murray Heinzlmeir	Divine Infant
Jeremy Lobo	St. Mary's
Greg Moloney	Holy Name Of Mary - Almonte
Donal O'Grady	St. Maurice
Pita Rawaibula	The Church of Jesus Christ of Latter-Day Saints - Orleans
Allan Rodrigues	Holy Redeemer
Daniel Rodrigues	Holy Redeemer
James Schultz	Divine Infant
Brian Wheeler	Holy Spirit - Stittsville
Kerry Wilson	Holy Spirit - Stittsville

TEAM

Name	Role
John Conroy	Rector
Fr Orban	Spiritual Advisor
Dcn Mike Seguin	Assoc. Spiritual Advisor
Peter Holmes	Professor
Marc Lamarre	1st Detail
Jonas Abromaitis	2nd Detail
Joe Bones	Ideal
John Sullivan	Layperson in the Church
Al Lanctot	Piety
Sylva Sheridan	Study
Patrick Power	Action
John Makadi	Leaders
Tim Langlois	Study of Environments
John Farnand	Christianity in Action
Joe Cousineau	Music and Palanca

KITCHEN DETAIL

Keith Doucette
John McDougall
Rob Chamberlain

2018-19 OTTAWA CURSILLO MOVEMENT SECRETARIAT CONTACTS

SECRETARIAT POSITIONS:

Lay Director	Susan Lamarre	613-822-2424	slamarre@gmail.com
Co-Lay Director	Marc Lamarre	613-882-0417	marclamarre@gmail.com
Past Lay Director	Dan Therrien	613-424-6134	dandmtherrien@gmail.com
Spiritual Director	Fr. Tavis Goski	613-878-6695	fr.goski@outlook.com
Assoc. Spiritual Dir.	Brian Sarsfield	613-809-7014	brian@sarsfield.ca
Pre-Cursillo Director	Frances Milliere	613-592-0695	fmilliere@sympatico.ca
Pre-Cursillo Director	Bryon Milliere	613-592-0695	bmilliere@sympatico.ca
Weekend Director	Helene Lemoire	613-590-7450	helensl@bell.net
Weekend Director	Wilf Lemoire	613-590-7450	jwlemoire@bell.net
Post-Cursillo Director	-----	-----	-----
Communications Dir.	Doug Hayes	613-834-9814	dkmshayes@gmail.com
Communications Dir.	Kathleen Hayes	613-834-9814	guidermommy@gmail.com
Treasurer	Jeff Grant	613-697-1767	jeffrey.g.grant@gmail.com
Secretary	Jo-Anne Conroy	613-599-2413	joanne-conroy@houseofcanvas.com
Challenge Rep, Co-Lay	Kathryn Eygenstein	613-851-5806	challengecolay@gmail.com

SUPPORT POSITIONS:

Database Manager	Jeff Thompson	613-912-1240	thethompsons@jncinc.ca
Email Manager	André Sirois	819-685-1478	andresiroiscursillo@gmail.com
Webmaster	Eric Lawrence	613-697-8613	ericflawrence@gmail.com
Supply Manager	Dan Therrien	613-424-6134	dandmtherrien@gmail.com
Palanca Manager (outside)	James Maxwell	613-820-0807	maxwelljb@sympatico.ca
Bookkeeper	Gerry Larkin	613-225-5202	gplarkin@rogers.com
Central Ultreya Co-ordinator	Bernie Reilander	613-820-2228	breilander@rogers.com
Parish Rep. Co-ordinator	-----	-----	-----
Archivist/Sacristan/Manuals	Bernie Reilander	613-820-2228	breilander@rogers.com

OTHER CONTACTS:

Cursillo Mailing Address	Ottawa Cursillo Movement, Our Lady of Fatima Church, 153 Woodroffe Ave., Ottawa, ON K2A 3T8
School of Leaders	Kevin Burke, 613-228-1958, kburke@sympatico.ca
Notre Dame de la Providence	(Retreat House) Sister Christine Cyr, 613-824-1610, 1754 Boul. St-Joseph, Orleans, ON K1C 7C6
Challenge Lay Director	Marie-Hélène Veselovsky 613-552-1202 challengelaydirector@gmail.com
Challenge Spiritual Director	Deacon Guy Dacquay, guydacquay@gmail.com
CCCC Resource Centre	PO Box 23066, RPO Westend, Vernon BC V1T 9L8; cccc@cursillocanada.org; 250-307-6585

Susan Lamarre

Cursillo in 1992 – St. Rita’s Table

Parish: St. Leonard, Manotick, ON

I am a mother of four grown children, Nonna to 10 and a 1/2 grandchildren. While I am enjoying my retirement - it’s much busier than I expected and I wouldn’t have it any other way! While I have served on several teams, this is my first experience serving on Secretariat. My Cursillo weekend helped me to define my faith which has been so helpful throughout my spiritual journey.

